

Using an Asthma Action Plan

Sit down with your doctor to develop an Asthma Action Plan. A plan can be very helpful, especially during an asthma flare-up.

Your Asthma Action Plan Can Help You Decide:

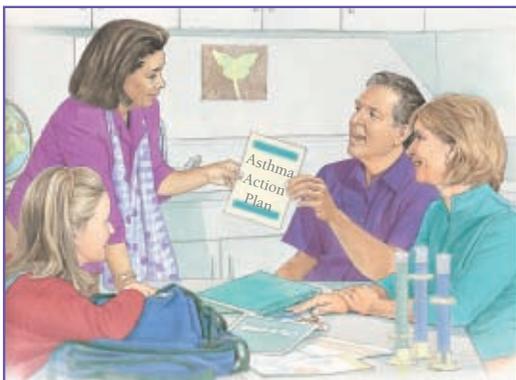
- What medicines to take
- When to take them
- How much to take
- When and how to get help

Your Asthma Action Plan Should Include:

- Emergency phone numbers
- Asthma flare-up information
- How to use your peak flow readings to show what peak flow zone you are in (see table at right)

Sharing Your Plan

You may want to give a copy to friends, relatives, teachers, coaches, neighbors, and babysitters so that they can help you if you have a flare-up.



Share your Asthma Action Plan with others.

An Asthma Action Plan may use 3 color “zones” to help you decide what to do:

GREEN ZONE

Your breathing is good.

Take your green zone medicines every day to keep most asthma flare-ups from starting.

YELLOW ZONE

You're having a flare-up.

Take your yellow zone medicines to keep it from getting worse.

RED ZONE

You're having a serious flare-up.

Take your red zone medicines and get help now.

Discuss the plan every 3 to 6 months with your doctor or nurse.

Notes

If you have questions, please contact:

Doctor's address printed here.